DON'T BE AFRAID OF DEL TORO
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WINNIPEG metro®
Monday, August 22, 2011
www.metronews.ca
News worth sharing.

Weekend 'melee' kills one

Family fight spills into street, cars allegedly used as weapons · Young man suffered life-altering injuries: Source

A teen girl is accused of killing a man with a van in a chaotic and bizarre weekend incident Winnipeg police say is unlike anything ever seen in the city before.

A violent street brawl stemming from a domestic dispute between two families resulted in cars apparently being used as weapons in what investigators are terming "a melee."

Witnesses to the early-Saturday-morning incident in front of 1047 Garfield St. N. said they heard a man and a woman arguing, followed by a minutes-long pause before more arguing started and mayhem broke out on the street.

"I've never seen anything like it."
WINNIPEG POLICE CONST. JASON MICHALYSHEN

"More and more friends just started showing up," said one witness who lives nearby.

As many as 20 people got involved, with some being armed with weapons like shovels and knives, said police.

The fracas escalated to the point at which a minivan and an older-model Pontiac were seen smashing into each other, killing an 40-year-old man and injuring several others who got in the way.

Paramedics and police were flooding the scene as voices shouted, "Let's go, let's get out of here," the witness said.

In all, six people were rushed to hospital and two remain remain there today. By 7 a.m. Saturday, the chaos was evident by the presence of several smashed, blood-smeared vehicles and people's personal effects strewn in the street.

A 21-year-old man is in critical condition and a woman, 39, is listed in stable condition.

A police source said the young man suffered major injuries after being run over by one of the vehicles and he may never fully recover.

Yesterday, police announced arrests and charges in connection to the case.

A 17-year-old girl is accused of manslaughter in connection to the death, along with two counts of dangerous driving causing bodily harm to two other victims.

Two men, 18 and 39, each face assault with a weapon charges, with the younger man also being accused of assault cause bodily harm.

No names were released due to the family nature of the dispute and because a teen has been charged.

All three suspects are being held in custody.

JAMES TURNER

JAMES TURNER/METRO

▶ An older-model Pontiac Parisienne was heavily damaged in a street brawl stemming from an inter-family argument this weekend.

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Library closes for roof repairs

River Heights library on Corydon Avenue will be closed as of today until mid-September in order to do roof repairs.

Books borrowed from the library before today can be kept and no late fines will accrue.

Any outstanding holds can be picked up at the Fort Garry Library on Pembina Highway. METRO

Truck sought in cyclist accident

A photograph of a semi-trailer believed to have left the scene of a crash that seriously hurt a cyclist is making the rounds in hopes of locating its driver.

The 53-year-old cyclist was hit at Mountain Avenue near McGregor Street Friday afternoon by a turning truck.

Surveillance photos released by police show they are looking for a white tractor trailer. METRO

WINNIPEG POLICE SERVICE

▶ Police are eager to speak with this truck's owner.

Taggers target scofflaws

Graffiti implores cyclists to get off their bikes and walk

JAMES TURNER/METRO

▶ Cyclists ride by sidewalk graffiti asking them to get off their bikes and not ride on Osborne Village sidewalks.

MORGAN MODJESKI
WINNIPEG@METRONEWS.CA

Vandals appear to be on the offensive against cyclists who ride on the sidewalk in Winnipeg's most densely populated area.

Phrases like "dismount bike" are popping up as inky-black graffiti on sidewalks in Osborne Village, but some cyclists say they have no choice but to ride illegally.

"I ride on the sidewalk because I know I won't get hit by a passing vehicle, but on that note, the majority of the people I bike past heckle me for riding on the sidewalk and stare me down," cyclist Daniel Berk said yesterday.

Berk had noticed the graffiti, but only obeyed it a single time. Since then he has simply ignored it.

"It's a lose-lose situation biking through Osborne," he said.

However, another cyclist who hopped off his bike while riding through said cyclists should know better than to ride on the sidewalk in the area.

"There's a lot of pedestrian traffic," said Dan Tremblay. "Pedestrians should have the sidewalk first and cyclists second.... It's common sense."

Winnipeg Police Service spokesperson Const. Jason Michalyshen emphasized the graffiti is vandalism and that the city has posted signs informing cyclists to dismount their bikes while on the sidewalk.

Earlier this year, cyclists became aggravated when police ticketed a number of them spotted riding the sidewalk over the Osborne Street Bridge, which today remains under heavy construction with limited pedestrian access.

Only small kids' bikes are allowed to be on sidewalks, police said at the time.

1 news

Rather embarrassing data leaks highlight the risks of storing medical records online. Scan code for story.

On the web at metronews.ca

A Canadian citizen gets a rude surprise after attempting to sponsor his parents to Canada. Guidy Mamann has more at metronews.ca/immigration

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Gadhafi forces finally collapse

After six months of deadlock, rebels advanced more than 20 miles to Tripoli Attacks launched with NATO

Libyan rebels raced into Tripoli in a lightning advance yesterday that met little resistance as Moammar Gadhafi's defenders melted away and his 40-year rule appeared to rapidly crumble. The euphoric fighters celebrated with Tripoli residents.

Opposition fighters captured Gadhafi's son and one-time heir apparent, Seif al-Islam. The prosecutor at the International Criminal Court in the Netherlands said he would contact the rebels to discuss his handover for trial on charges of crimes against humanity.

The rebels easily advanced from the west, took town after town, overwhelmed a major military base, then swept into the capital in a stunning turning of the tide.

The fighters and supportive residents flooded Green Square, shooting in the air in celebration, clapping and waving the rebels' tri-colour flag. Some set fire to the green flag of Gadhafi's regime and shot holes in a poster with his image.

Gadhafi's whereabouts yesterday were unknown. But he delivered a series of angry and defiant audio messages broadcast on state television, calling on his supporters to march in the streets of the capital and "purify it" from "the rats." He was not shown in the messages.

THE ASSOCIATED PRESS

ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

▶ People celebrate the capture in Tripoli of Moammar Gadhafi's son and one-time heir apparent, Seif al-Islam, at the rebel-held town of Benghazi, Libya.

Battle Briefing

- **Uprising against Gadhafi** broke out in mid-February, and anti-regime protests quickly spread across the vast desert nation.
- **Brutal regime crackdown** transformed the protests into an armed rebellion.
- **Rebels seized Libya's east,** setting up an internationally recognized government, and two pockets in the west, the port city of Misrata and the Nafusa mountain range.
- **Green Square has been** the site of night rallies by Gadhafi supporters.
- **From the beginning of** August, thousands of rebel fighters joined an offensive launched from the mountains towards the coast.

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Israel, Hamas reach uneasy ceasefire

Gaza militants agreed to a ceasefire with Israel to stop spiking violence, a Hamas official said yesterday, after a deadly attack on Israelis near the Egypt-Israel border set off a three-day round of Israeli airstrikes and rocket barrages from Gaza.

The flareup also threatened Israel-Egypt relations, after Egypt said five of its policemen were killed by Israeli fire. Thousands demonstrated in Cairo, and Israel apologized.

Hamas security personnel will enforce the agreement brokered by Egypt, an official said. He said Egypt told the groups that Israel would agree to halt its airstrikes if the Palestinians stopped the rocket fire first. It was not clear if the ceasefire would take effect or hold. THE ASSOCIATED PRESS

AMR NABIL/THE ASSOCIATED PRESS

▶ An Egyptian girl flashes a sole of her shoe painted with an Israeli flag during a protest in front of the Israeli embassy in Cairo yesterday.

Protests halted

A deadly ambush that killed eight Israelis, and subsequent Israeli airstrikes and rocket barrages from Gaza, have abruptly shifted the country's attention away from the economic protests that posing a serious threat to the government.

With cities in southern Israel under fire, organizers called off plans Saturday for a mass protest. Stav Shaffir, a protest movement leader, insisted the attacks would not derail the protests. "We can't let the security situation erode us from within."

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First Air says cause of crash unknown

Two survivors sent to Ottawa General Hospital All four of the plane's crew are among the dead

The owner of a jet that crashed into a hillside near the remote High Arctic community of Resolute said yesterday it doesn't know why the 737 went down, killing 12 and injuring three.

"At this time, the cause of the accident is unknown," said First Air spokesman Christopher Ferris.

"Our thoughts and focus are with the families and friends of the passengers and crew and the community."

Hamlet residents and soldiers from nearby military exercises rushed to the scene of the crash Saturday in a desperate effort to try to pull survivors from the wreckage.

THE CANADIAN PRESS

Arctic changes

Saturday's crash proves the need for Canada to be able to mount fast, effective search and rescue efforts in the North, say Arctic experts.

DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

▶ Members of the Canadian Armed Forces carry a victim of a plane crash in Resolute Bay, Nunavut, on Saturday.

Military developing stealth snowmobile

The Department of National Defence plans to develop a new stealth snowmobile for covert military operations in Canada's Arctic, with $550,000 set aside to build a prototype.

Ottawa has posted a public tender for a hybrid-electric snowmobile that would allow Canadian Forces soldiers to swoop silently across the frozen landscape.

The vehicle might be the most unconventional tool in the arsenal of a Conservative government promising to beef up Canada's military might in the North.

A government spokeswoman could not immediately provide information as to why the military would need snowmobiles for clandestine operations.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Canadian Ranger Joe Amarualik stands beside his snowmobile during a sovereignty patrol on Ellesmere Island, Nunavut.

Going electric

The nature of the Canadian military's future clandestine assignments is unclear from the federal tendering document. But one thing is clear: silence is priority No. 1.

- Existing engines apparently aren't up to the job.
- "The noise level of an internal combustion engine cannot be reduced to an acceptable level for missions where covertness may be required," reads the tender, posted last week by National Defence's research and development agency.
- "Electric snowmobiles are a potential solution to this problem, eliminating the internal combustion engine."

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Dozens of pipeline protesters arrested

Activists call pipeline dangerous

A Canadian woman was among as many as 50 environmental activists handcuffed and taken to jail yesterday on the second day of peaceful White House protests against TransCanada's Keystone XL pipeline.

Dozens were already arrested outside the White House on Saturday, the opening day of a two-week civil-disobedience campaign. They're expected to be released tonight.

By noon yesterday, police began arresting more activists, including Patricia Warwick, 68, of Toronto. They are facing charges of failing to obey an order governing protests on the sidewalk, a U.S. Park Police official said.

U.S. President Barack Obama will decide by the end of the year whether to allow Calgary-based TransCanada to build the controversial, $7 billion US pipeline. It would transport millions of barrels of Alberta oilsands crude a week through the U.S. **THE CANADIAN PRESS**

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 179.24 (12,007.47)	- 0.02¢ (101.15¢ US)	- $0.12 US ($82.26 US)	$3.940 (+ 4.8¢)
			Gold contracts $1,852.20 (+ $30.20)

Abdicating. King

▶ Burger King CEO John W. Chidsey, background centre, watches as The King, the chain's mascot, arrives at the New York Stock Exchange in 2006.

RICHARD DREW/THE ASSOCIATED PRESS FILE

Burger mascot to hang up crown

Burger King's soon-to-be-retired mascot has been around for years, but recently has become a more prevalent and somewhat creepy presence in ads. The fast food company, which has suffered declining sales, is rolling out a new advertising campaign, sans The King, that will focus on its burgers.

Volkswagen gives small car thumbs 'up!'

Volkswagen AG is launching a new small car — the up! — in Europe in December.

The automaker says the up! — which will come in three versions — will be "one of the smallest four-seat cars," at 3.5-metres long. It will be powered by a one-litre gas engine, with a natural gas version to follow. **THE ASSOCIATED PRESS**

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RIVERWALK DROWNING IN WATER AND POTENTIAL

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

Interested in taking in the sights along Winnipeg's riverwalk? For the past several years you'd have been better off with flippers and a snorkel than a pair of walking shoes or a bike.

A report that appeared in this past weekend's edition of Metro Winnipeg outlined the challenges faced by businesses and attractions along the river as a result of the walkway having been underwater for almost an entire year now.

Pedestrian traffic to The Forks is down, tour boats have remained docked and sales at shops and restaurants have decreased. When the water finally does recede, it's going to cost thousands to clean up and repair the damage.

Of course, that's nothing compared to the millions spent trying to fight back riverbank erosion every year, a challenge that's made far worse by constantly fluctuating water levels.

"Cities like San Antonio have used active management of river levels to create dynamic public spaces."

There's an obvious remedy for this ongoing problem, which is to use the Red River Floodway to more actively manage river levels in the city. But, so far, the province has refused to do so, primarily because it could flood land upstream of the floodway gates.

That's a reasonable concern for property owners in the area, and they deserve to be compensated. But it's not a reasonable excuse for holding back the tourism and recreation potential of Winnipeg's rivers.

Cities like San Antonio have used active management of river levels to create dynamic public spaces that incorporate promenades, shops, restaurants and even hotels along their waterways. But it's doubtful anyone is going to make an investment like that in Winnipeg, unless the hotel has an Atlantis theme.

Premier Greg Selinger spoke about increasing use of the Floodway during his campaign for the NDP leadership in 2009. But so far all his government has done is spend a few years producing a report that says it needs a few more years to produce another report.

That stands in stark contrast to the province's quick and decisive action during this spring's flood to cut open the Assiniboine River at Hoop and Holler Bend to prevent damage downstream.

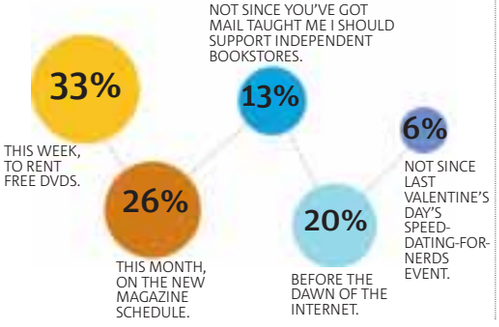
While that was an emergency decision, the parameters were similar: compensate a few for an action that will benefit many more. It also demonstrated how quickly the wheels of government can turn if something is made a priority.

After numerous consecutive years of lost tourism revenue, lost recreational opportunities, lost river access and lost riverbanks, shouldn't actively controlling water levels in the city be a priority as well?

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Register at metropolitanpanel.ca and take the quick poll

When was the last time you visited a library?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Local tweets

- **@bkives:** Good news: NHL back in Winnipeg. Bad news: Nickelback rumoured to play opening-weekend party.
- **@SeekerChoChang:** "You're cuter than a guinea pig Wanna take you up to Winnipeg That's in Canada!"
- **@danaagee:** What is with this bipolar winnipeg weather!!!! It needs to stop x_x
- **@Jay_Richardson:** Chris Mason's mask for this season. I don't think I've ever loved a goalie mask more.
- **@AmyLeeEV:** Thank you Winnipeg! We had a great time!
- **@dannyjameswood:** "Super Boys" burgers on Main in the North End.. Try it, you won't want McDonald's anymore! #Winnipeg
- **@flashjet1:** I think #Winnipeg #Jets do make the playoffs 6-8 spot. Hard checking line-up plus solid defence & goaltending
- **@marissa_harvey:** I must fit in one last #Winnipeg #run. Hopefully the blisters on my feet from dancing up a storm last night won't mar the experience.

Worth Mentioning

ANTI-AGING. Baby boomers heading into what used to be called retirement age are providing a 70-million-member-strong market for legions of companies, entrepreneurs and cosmetic surgeons eager to capitalize on their "forever young" mindset, whether via wrinkle creams, facelifts or workout regimens.

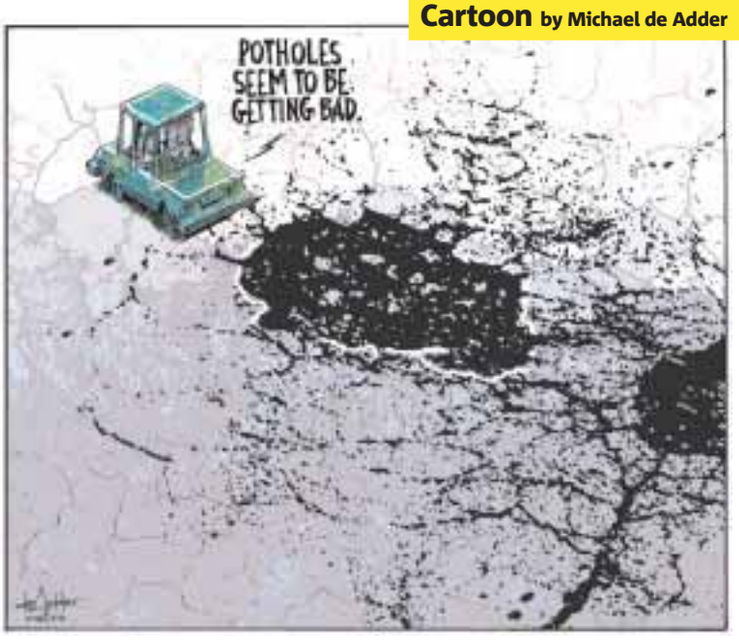
It adds up to potential bonanza. The market-research firm Global Industry Analysts projects that a boomer-fuelled consumer base, "seeking to keep the dreaded signs of aging at bay," will push the U.S. market for anti-aging products from about $80 billion now to more than $114 billion by 2015.

From organizations such as the National Institute on Aging, the general advice is to be a skeptical consumer on guard for possible scams involving purported anti-aging products.

"Our culture places great value on staying young, but aging is normal," the institute says. "Despite claims about pills or treatments that lead to endless youth, no treatments have been proven to slow or reverse the aging process."

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Rebel-lious festivalgoers hit look-alike

A British comedian says he was attacked with a bottle at the Edinburgh Fringe Festival while dressed as Moammar Gadhafi.

Jeff Mirza was handing out flyers on the street for his show, dressed as the embattled Libyan leader, when a man approached and asked for a cigarette. Mirza said he shook his head and the man walked on, but when Mirza turned around he was hit on the back of the head with a bottle. He was not seriously hurt.

Mirza is at the annual festival with his show Jihad: Heresy or Hearsay.

The comedian said yesterday that most festivalgoers had been welcoming. He said "most people at the Fringe get the joke of me being dressed up as a washed-up dictator trying to sell the show."

Police say they do not believe the attack was racially motivated.

THE ASSOCIATED PRESS

▶ Libyan leader Moammar Gadhafi

PIER PAOLO CITO/THE ASSOCIATED PRESS

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2 scene

His grotesque love affair

Hard work and horror drive Guillermo del Toro ◆ Filmmaker seeks the extraordinary in the ordinary

HANDOUT

▶ Film writer and producer Guillermo del Toro, seen here with Don't Be Afraid of the Dark star Bailee Madison, has loved the horror genre since childhood.

RICHARD CROUSE
SCENE@METRONEWS.CA

Guillermo del Toro may be the world's cuddliest boogeyman. When I enter the hotel room to interview the 47 year old producer of Don't Be Afraid of the Dark, he stands up and hugs me. Not exactly what you anticipate from the master of horror.

But then again, surprises are his stock in trade. From the eerie Pale Man character in Pan's Labyrinth to the deadly mechanical scarab of Cronos, he has trained viewers to expect the unexpected from his films.

A career spent scaring the pants off people has given the director some insight on why we like to be terrified at the movies.

"We try to look for the extraordinary in our ordinary lives," he says. "That's just the normal way we behave as spiritual beings. And horror movies allow us to live extraordinary experiences without having to go through extraordinary risk.

"I have a harder time understanding reality shows than I have a hard time understanding genre films. Because genre films give you something you don't get in real life. Reality shows give you people you would normally never talk to in real life. Why are you interested in watching them?"

"The scariest thing about these creatures in the movie is that they are intelligent. They strategize. They literally find ways to get the upper hand against the humans"
DEL TORO ON THE MONSTERS IN DON'T BE AFRAID OF THE DARK

Not that the self-described workaholic has much time to watch reality TV. When he's not executive producing Oscar nominated movies like Biutiful, he's writing the much anticipated Lord of the Rings film The Hobbit: An Unexpected Journey, or working on a new novel with his co-writer Chuck Hogan. Add to that the alien attack movie Pacific Rim which he'll spend the next year filming in Toronto and you have one of the busiest men in the business.

"Hard work is pleasure for me," he says, adding that luckily, "I have been surrounded by a system of enabling family and I submerge myself in my work."

A horror fan since childhood, ("I read Salem's Lot in one sitting," he says. "Eleven hours from eight a.m. to seven p.m. outside in the pool. I had a second degree burn because of that!"), he has simple criteria for the projects he accepts.

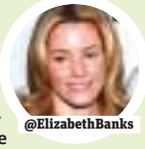
"You should only get involved in things you love irrationally," he says.

Box office

The Help took over the No. 1 spot with $20.5 million in its second weekend. The drama about Southern black maids had debuted in second-place a week earlier. The Help raised its domestic total to $71.8 million and bumped Rise of the Planet of the Apes, which slipped to No. 2 with $16.3 million after two weekends at the top.
THE ASSOCIATED PRESS

Apes' actress, model, Estella Warren, ordered to rehab after pleading guilty in drunk driving case.

Celebrity tweets



@ElizabethBanks

"Hang out with a cat-suited Jane Fonda? Check. #bucketlist"

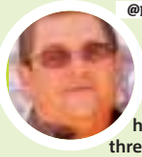
@therealzooeyd

"working 16 hour days gives me an amazing excuse to act like an old person. yay."

@JerrySeinfeld

"I am not a vegetarian, by the way. If anyone saw that."

@pattonoswalt



"Ate 1/2 bag of Veggie Booty 2 hours ago, threw it away in disgust. Dug it out of trash just now. Watching a-ha vids on YouTube. I suck."

Lilo struggles to reboot her career

- Star passed over for movie role
- Director reluctant to work with Lindsay given her negative rep

ALL PHOTOS GETTY IMAGES

▶ Lindsay Lohan

It's more work-related bad news for Lindsay Lohan, who reportedly lost out on a role in Magic Mike, a film loosely based on Channing Tatum's time as a stripper, according to E! Online.

"The character is trouble with a capital T, which Lindsay would have been perfect for," a source says.

But director Steven Soderbergh didn't agree, so he cast Riley Keough in the role instead.

"He didn't want to deal with all that. Nobody wanted to go there," the source adds. METRO

Charlie Sheen version 2.0?

Charlie Sheen is ready for his comeback, at least as far as his brother Emilio Estevez is concerned.

"He's a different guy. He's a completely different guy. He's got his voice back. And I think he's got his focus," Estevez tells Access Hollywood about the troubled former Two and a Half Men star.

"He's on a new show and he's going to be roasted by Comedy Central — which I think is going to be hysterical. I think that he's really got it together."

METRO

▶ Charlie Sheen

Jesse James and Kat Von D are giving it another shot

Despite calling off their engagement last month, Jesse James and Kat Von D are officially back together, according to People magazine. "Sometimes you are only given one chance in life," James tells the magazine. "It was up to me to open my eyes and see it. That girl is my chance. I will never stop fighting and striving to hold on to her. Showing her how special she is, and how much I love her." METRO

▶ Jesse James and Kat Von D

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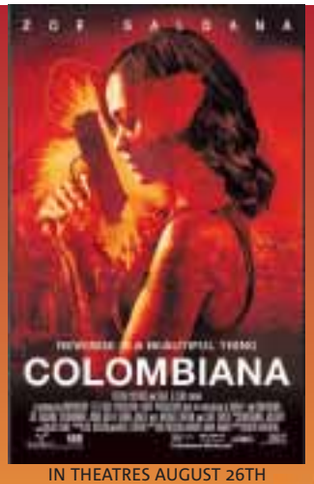

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GIVE ME SHELTER

JUPITER IMAGES/CREATAS/THINKSTOCK

ADOPTING A RESCUE ANIMAL IS A WONDERFUL THING TO DO, BUT BEFORE YOU START LOOKING, IT'S IMPORTANT TO DO YOUR HOMEWORK

And that includes finding a reputable shelter to work with.

A good shelter wants to find "forever" homes for its animals and will work hard to match you with the right animal whether you're looking for a dog, cat or smaller animal.

The last thing a shelter wants to do is see an animal that has been adopted out, returned, says Shelley Hawley-Yan, director of Project Jessie, which is the animal rescue arm of the Animal Alliance of Canada.

Unfortunately there is no national legislation that regulates rescue organizations. In general, you'll find dogs and cats in most shelters and rescue organizations. But some specialize in certain dog breeds while others specialize in more unusual pets, such as rabbits, birds and even turtles.

Here are some characteristics of a reputable shelter.

• It has an adoption process that helps match you and the animal based on the pet's needs and personality. There's probably a written application, a phone or in-person interview, and possibly a home visit.

• You'll have to sign a contract, which will stipulate your ownership responsibilities; also if the adoption doesn't work out, the animal will be returned to the shelter, says Hawley-Yan.

• The animals up for adoption may be placed in foster homes. While not all shelters do this, when foster homes are involved there may be a better understanding of the animal's personality (compared to animals that are caged).

• The shelter charges a reasonable adoption fee of between $100 and $300 average, says Hawley-Yan.

• Vet assessment and care is provided until the adoption; spaying/neutering is a requirement of the contract.

– Ylva Van Buuren

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WHEN YOU ADOPT A PET…

1. It's a huge commitment of up to 20 years (smaller animals like gerbils have a much shorter lifespan).
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YOUR PET'S HEALTH COMES FIRST AT TUXEDO ANIMAL HOSPITAL

THE STAFF PROVIDES SHELTER, MEDICAL CARE AND FOOD WHILE PETS WAIT TO BE ADOPTED

Whether your dog needs endoscopic surgery to remove one of your socks from his stomach or your cat needs a tooth removed, the staff at Winnipeg's Tuxedo Animal Hospital can get your pet's health back on track in no time.

Routine health care is important too. "With fall approaching, it's important to continue heartworm medication in cats and dogs until the first of November," says Dr. Jonas Watson, one of three staff veterinarians. Seasonal allergies that cause dogs to chew their itchy skin can flare up in autumn; treatment includes an antihistamine, steroid or combination of the two, or a medicated spray or shampoo.

Dr. Pat Dorval has experience in emergency medicine, and Dr. Stavros Iacovides performs endoscopic surgery on a referral basis. That procedure involves using a long flexible tube with a camera on the end to diagnose and treat conditions in the stomach and esophagus. "Endoscopy has become increasingly important because it minimizes trauma on the animal and can also minimize cost," says Dr. Watson.

In addition to its regular practice, the hospital is building its "exotics" case load consisting of rabbits, ferrets, reptiles and birds such as parrots. Dr. Watson has a special interest in this group. "Snakes can get mouth rot, and iguanas can become calcium deficient," he says. "And I treat about one sick fish a year." For more information, visit tuxedoanimalhospital.com.

RESCUE SHELTER RELIES ON COMMUNITY FOR SUPPORT

In early May, Manitoba declared a state of emergency across several municipalities as the floodwaters rose. Many residents who received evacuation orders had no choice but to make the heart-wrenching decision to leave behind their much-loved companion animals. Since then, the Winnipeg Pet Rescue Shelter has been at capacity, housing 150 dogs and cats at its main facility, plus more in foster homes and an overflow site.

"We're full right now," says Founder & Executive Director Carla Martinelli-Irvine. In the 12 years since she founded Manitoba's first registered charity no-kill shelter, she has witnessed an increase in abandoned animals, citing lifestyle changes and a troubled economy as the main reasons more people are surrendering their pets.

The staff provides shelter, food and medical care while the animals wait to be adopted. The rescue group's expenses are 100 per cent donor supported. "We don't believe any animal should be euthanized as a means of population control. They will stay at the Shelter until a loving home can be found. We don't receive any funding from the city or province," says Martinelli-Irvine. "We're providing an important community service, and we need community support."

That could come in the form of one-time or monthly donations or a bequest in a will. Provincial or Federal employees can contribute through their paycheques via the All Charities or United Way Campaign. Every donated dollar enables the shelter to stay open.

"We believe that when the animals arrive here, they've won the lottery," says Martinelli-Irvine. "I'm proud of the groundbreaking work we're doing on their behalf." To make a donation, visit 3062 Portage Avenue, Winnipeg, MB. R3K 0Y1 or call 832-9880. Donations can also be made at petrescueshelter.com

– Jane Doucet

ISTOCKPHOTO/THINKSTOCK

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HUMANE SOCIETY OFFERS FIRST AID

Last year, The Winnipeg Humane Society took in more than 9,000 animals — 6,000 cats, 2,000 dogs and 1,000 smaller animals such as rabbits, guinea pigs and gerbils. "The biggest reason animals get returned is that someone in the family has an unknown allergy, not because there's something wrong with the animal," says CEO Bill McDonald. "We re-home as many of them as we can."

Founded more than 115 years ago, The Winnipeg Humane Society is one of the oldest community service organizations in the city, and the oldest and largest animal shelter and welfare organization in Manitoba. Its 42,000-square-foot state-of-the-art facility at 45 Hurst Way houses a staff of 175 and more than 800 volunteers. "The biggest thing we need right now is more foster homes in the community," says McDonald.

McDonald is proud of the 28 programs the Humane Society offers. A new one is Pet First Aid, in which the instructor teaches people what to do if their dog gets hit by a car or starts choking; the next session is Sept. 12 from 6 p.m. to 10 p.m.

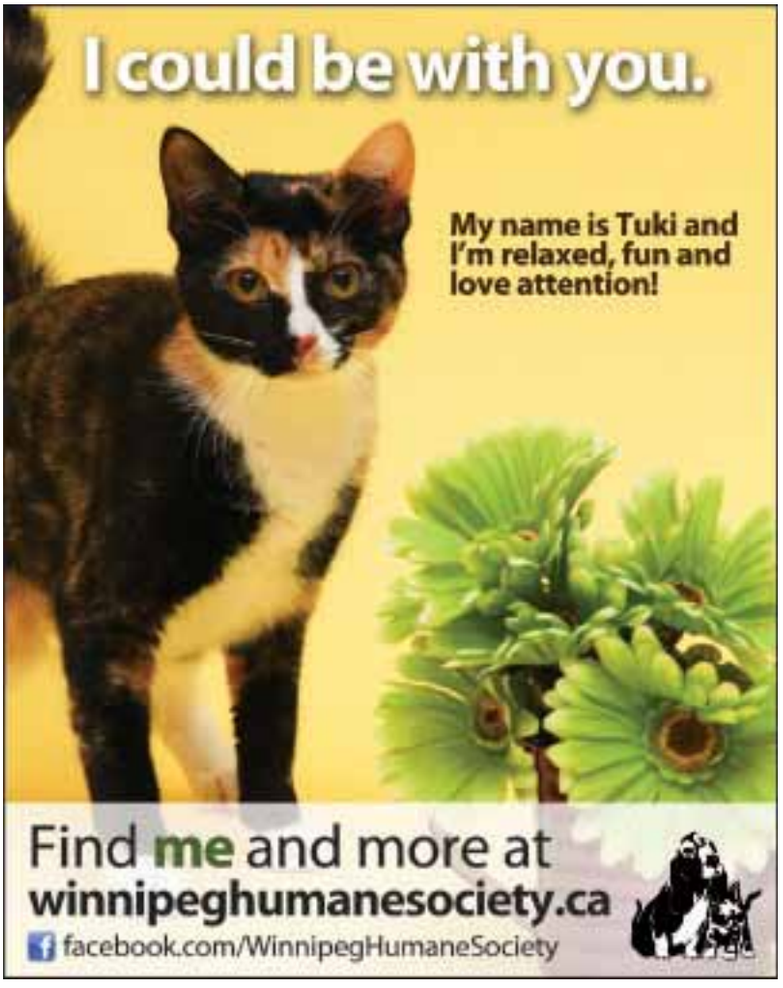
Another new program is Dogs and Storks, where couples learn how to prepare their dog for a baby's arrival. And Barn Buddies gives cats previously considered unadoptable due to behavioural issues a chance to live on a rural farm.

For more information about programs, fostering or how to make a donation, visit winnipeghumanesociety.ca.

– Jane Doucet

ADAM YORK PHOTOGRAPHY

A Winnipeg Humane Society staff member spends time with a couple of cats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Tie the knot on a budget

With Kim Kardashian's wedding nuptials to Kris Humphries rumoured to be in the millions of dollars, we take a look at wedding planning for those of us with thinner wallets

Decades of brides have walked down the aisle sporting something old, something new, something borrowed or something blue. Jessica Kavanagh's clients can also boast something black — the bottom line of their wedding day budget.

Kavanagh, 23, may have had to spend hours walking the bride through second-hand stores in search of the perfect dress and likely devoted days to arranging the nuptial flowers by hand to keep costs down, but believes the time is always well-spent.

Creating a big day on a small budget is a key focus of her Toronto event planning business, J. Kavanagh Events, and weddings are no exception. If anything, Kavanagh says, a marriage celebration represents an ideal time to exercise fiscal restraint. "Yes, this is your wedding and it's so exciting and a big life moment, but this is like the pregame show to the marriage. It's only one day," Kavanagh said. "It's just a celebration, not the be-all-end-all of your life."

THE CANADIAN PRESS/ VINCENT ELKAIM

▶ Wedding co-ordinator Jessica Kavanagh, right, arranges flowers with her client Alyson MacKenzie. Kavanagh offers wedding planning services for those on a budget.

The first thing Kavanagh needs to adjust is not the price of the entire event but the expectations of the couple tying the knot, she said.

She urges couples to look beyond traditional wedding vendors and time-honoured venues, saying conventional thinking can often lead to a dizzying price-tag.

Kavanagh's advice struck a chord with Alison MacKenzie, whose budget for her October wedding threatened to spiral out of control without some timely intervention.

She and her fiance were willing to shell out for their wedding attire, their rings and an open bar reception, but felt the rest of needed a thriftier touch.

Their decision to serve cocktails and appetizers instead of a sit-down dinner went a long way to keeping costs down, MacKenzie said, adding Kavanagh stepped in with other suggestions.

"Jessica was great about warming me up to the idea of doing our own flowers," she said. "You don't have to spend 50 to 100 bucks for centrepieces. We'll have flowers throughout the venue, but we'll do those ourselves."

MacKenzie's guests will mingle at the reception in the glow of cost-effective candlelight and munch on cupcakes instead of a traditional, pricier wedding cake. They won't leave bearing a conventional wedding favour, but will learn that a donation has been made in their name to a charity that matters to the couple.

MacKenzie said these decisions will allow her and her fiance to celebrate their big day with a clear conscience. "We didn't want to be saddled with a huge Visa bill or debt at the end of it," she said. "That's a great way to start your marriage, 'Let's talk about a repayment plan.'"

THE CANADIAN PRESS

Trim the fat

Here's some ways to save.

- **Invites**
  Digital printing outlets offer a cheaper way to print wedding invites.
- **Wedding dress**
  Visit a second-hand store for the dress, says Darsi Pizzalato. "Any item being used on the wedding day is being used for 12 hours. Unless she's doused a bottle of wine on her, the dress is still new."
- **Flowers**
  Bouquets used for the ceremony can be reused as centrepieces at the reception.

3 life

A new study shows

... bed sharing, in which your baby sleeps next to you, doesn't necessarily result in developmental issues, according to a report from the Teachers College of Columbia University in New York City. The 944 kids — ages one through five —studied by researchers indicated there was no risk. MWN

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A summertime quiche

Cheese quiche with onions, red peppers & turkey will be a brunch hit

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

▶ This recipe will serve six.

Using a few pantry staples like cream and eggs, this quiche can be whipped up for a patio brunch and will quickly become a family favourite.

Aged cheddar cheese adds a zip of flavour to turkey while the green onions and roasted red peppers add colour and texture.

Preparation:

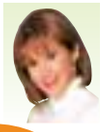
1. Preheat oven to 190 C (375 F).
2. Sprinkle the cheese in the bottom of a pie shell. Add turkey, roasted red pepper and green onions; using fork, toss gently to combine and spread evenly.
3. In a medium bowl, whisk together cream and flour. Add eggs and salt and whisk until everything is well combined. Slowly pour over cheese mixture, using fork to allow cream mixture to fill pie shell evenly. Bake the quiche on bottom rack for about 45 minutes or until top is golden, edges puff and knife inserted in centre comes out clean. Let cool for 10 minutes before cutting into wedges.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:

- 1 unbaked frozen deep-dish pie shell (23 cm/9 inches), thawed
- 250 ml (1 cup) shredded 5-year-old cheddar cheese
- 250 ml (1 cup) diced cooked turkey or chicken
- 75 ml (1/3 cup) diced roasted red pepper
- 2 green onions, thinly sliced
- 175 ml (3/4 cup) 10 per cent cream
- 15 ml (1 tbsp) all-purpose flour
- 3 eggs
- 1 ml (1/4 tsp) salt

Rose Reisman's Swap It



Salads are always disguised as the healthier choice since vegetables are "free foods." But fried additions and high fat dressings destroy any health benefits.

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Worldwide, there are about eight million cell phone users.

The truth is that about 96 per cent of the materials in mobile devices are recyclable.

But the reality is that only 12 per cent of used mobile devices are being recycled in Canada.

Where are the rest? Probably sitting in a drawer at home — you know the one — or maybe thrown out.

Recycle My Cell accepts cellphones, smartphones, wireless PDAs and pagers.

The brand or condition of the device doesn't matter, and the service is free. They also accept rechargeable batteries, chargers and other accessories. London Drugs has also committed to "bring back the pack" program.

Their in-store recycling program accepts packaging but also cellphones, batteries, disposable cameras and small appliances (purchased at London Drugs).

Recycling fees might apply to items not purchased from the store.

Find out more about the program at LondonDrugs.org.

And before you purchase a new mobile device, check out Greenpeace's Guide to Greener Electronics.

It ranks the top 18 manufacturers of mobile phones, computers, TVs and games consoles according to their policies on toxic chemicals, recycling and climate change.

To date, Nokia and Sony Ericsson are leading the pack with Microsoft, Nintendo and Toshiba picking up the rear.

See more at Greenpeace.org/electronics.

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A healthy belly is a happy one

Meredith Deasley has turned food into thought, teaching parents the fundamentals of feeding their families

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Her 18-month-old daughter was writhing on the floor in pain and Meredith Deasley was desperate to bring her some relief. "We're going to fix this. I don't know what it is but we're going to fix this."

Meredith read every book on nutrition she could find.

She learned about food sensitivities and eventually became a registered pediatric nutritionist.

Today her eldest daughter is healthy, her younger daughter is thriving and Deasley says she is determined to show other parents how they can heal their children by watching what they eat.

"There are so many children in the world that are suffering whose parents don't know that it's their digestive systems that need to be healed. The biggest culprit for attention deficit disorder is chemicals. For autism, the culprits are dairy or glutens. Epilepsy is aspartame and heavy metals."

Deasley wrote The Resourceful Mother's Secret to Healthy Kids in 2002. Her research, teaching and methods have become a turning point not only for her family but others as well.

"I want parents to know they have the power to heal their children so that they have healthy lives."

Food facts

Symptoms of Food Sensitivities

- Colic and gas pain
- Diaper and Skin Rash
- Runny nose and congestion
- Diarrhea and Constipation
- Mood swings and hyperactivity
- Multiple ear infections
- Poor sleeping habits

Visit theresourceful mother.com for more information

▶ Meredith Deasley encourages all parents to become knowledgeable about nutrition.

Stretch summer pay

The new school year is the perfect time to get a fresh start, but it can also be an expensive time of year for students leaving for university or college. As the summer winds to a close, realizing just how much money you'll need for tuition, books and living expenses can be a real eye-opener — but it is possible to stretch your summer income throughout the school year. Here are some tips:

Start tracking your spending now

Most people have no idea how much money they spend in a month. Whether it's books or burgers, tracking your spending will help keep it in check so you don't run out of cash before final exams. Free personal financial management tools like Mint.com track your spending, help plan budgets, and alert you if you've spent too much in a particular category, such as entertainment.

Consider your expenses and look at alternative solutions

If your budget is coming up short, start looking into some cost-saving options. For example, textbooks can be a huge expense, but if the course material hasn't changed from last year, buy used at half the price. Need furniture for your dorm room? Hit the garage sales or check online for deals on discounted or used items before heading to Ikea.

Fill your grocery cart with more, for less.

Start comparison-shopping by looking at flyers to find the best deals. Keep tabs on your grocery budget each week — and curb that expensive takeout in favour of a home-cooked meal. Mint.com users say they spend 40 per cent less eating out once they actually pay attention to what it costs.

NEWS CANADA

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4 sports

Canadian paddles to 2 golds

Vincent-Lapointe defends title over 200 metres Three golds for Canada at world championships

Canada's Laurence Vincent-Lapointe beat a strong field to win the women's C-1 200 metres yesterday, claiming her second gold medal at the world canoe and kayak championships.

The 19-year-old paddler from Trois-Rivieres, Que., crossed in 48.876 seconds to defend her world title in the non-Olympic event. Maria Kazakova of Russia was second, while Staniliya Stamenova of Bulgaria won the bronze.

"I was caught off guard by the fast start by the field and that made me more nervous during the race," Vincent-Lapointe said. "My arms were really burning up as I approached the finish line. This was the strongest field I'd ever faced."

The Canadian's victory came a day after she and Mallorie Nicholson of Oakville, Ont., took gold in the C-2 500-metre final.

The win was Canada's third at the world championships. Adam van Koeverden of Oakville started things off with a victory in the men's K-1 1,000 on Friday.

Mark De Jonge of Halifax earned an Olympic quota spot for Canada with his sixth-place finish in the men's K-1 200 metres.

"It was a very satisfying race," said De Jonge. "I had known since May I was going to race this event at worlds so it was a long build-up practising every day with the objective to get the Olympic spot for Canada. It was a good feeling to deliver when it was time."

"We're always communicating to each other in the boat but this time it was impossible. I couldn't hear myself think, the crowd was so into the race, it was really intimidating."
LAURENCE VINCENT-LAPOINTE, ON SATURDAY'S C-1 500-METRE FINAL

Piotre Siemionowski of Poland won the gold. Britain's Edward McKeever was second, while Germany's Ronald Rauhe was third.

Canada earned three Olympic quota spots at the world championships. The final opportunity to gain spots will be at the Pan American Games in October in Mexico.

"Certainly we had some athletes who were hoping for better results, but we had several boats which were very competitive," said Barney Wainwright, CanoeKayak Canada's high-performance director. "We've learned a lot and now we have to turn around focus quickly to the Pan Am Games."
THE CANADIAN PRESS

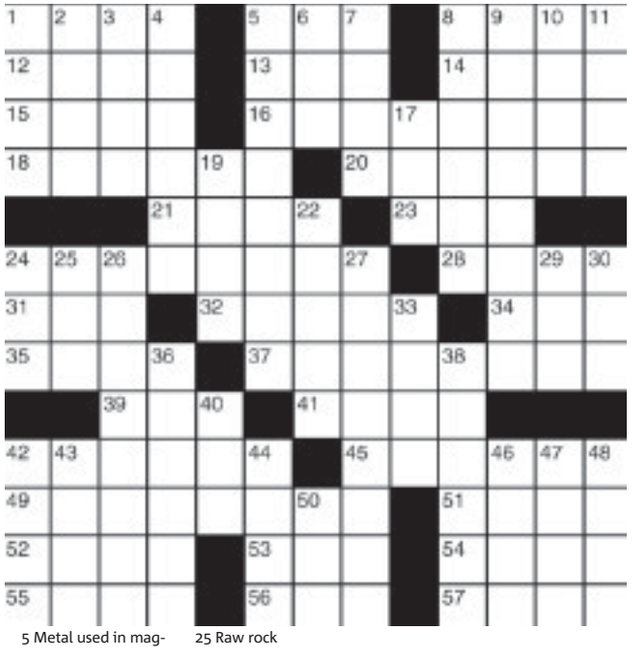
BELA SZANDELSZKY/THE ASSOCIATED PRESS

▶ Laurence Vincent-Lapointe smiles after winning the women's C1 200 metres final race yesterday at the Canoe Sprint World Championships in Szeged, Hungary.

Quoted

"The good thing is there's a week, eight days to the start of the Open. I'm confident I can recover and be ready for the U.S. Open."
NOVAK DJOKOVIC, AFTER HE WAS FORCED TO RETIRE IN THE SECOND SET YESTERDAY AT THE WESTERN AND SOUTHERN OPEN BECAUSE OF A SORE RIGHT SHOULDER.

Crossword



Across

1 Reason to scratch
5 Droop
8 "Arrivederci, —"
12 "Scat, gnat!"
13 Oklahoma city
14 Dutch cheese
15 Admonition to Nanette
16 Popular board game
18 Cold, treeless terrain
20 Folklore figures
21 Part mine, part yours
23 Consumed
24 Obelisk, e.g.
28 Use a swizzle stick
31 Paid athlete
32 Continental money
34 Historic period
35 Mannered man
37 Pocket embroidery, maybe
39 Scatter seeds
41 Horseback game
42 Headache aid
45 Deodorant type
49 Carbon —
51 Queen of Carthage
52 As well
53 Regret
54 Love child?
55 Encounter
56 — Angeles
57 Quaint "not"

Down

1 "— that cute?"
2 Biblical pronoun
3 Mass. neighbor
4 Hex
5 Metal used in magnets
6 Commotion
7 Group of hoodlums
8 Moves a fern, maybe
9 Device measuring distance traveled
10 Having XY chromosomes
11 Poehler and Adams
17 — shoestring
19 Regulation
22 Razor sharpener
24 Gasoline stat
25 Raw rock
26 Baloney
27 Award winners
29 A Gershwin
30 Aries
33 Unaccompanied
36 Additionally
38 — Gate Bridge
40 Candle material
42 Mosque VIP
43 Composer Porter
44 Young female
46 Old Italian money
47 Smell
48 Inquisitive
50 Pair on stage

▶ Yesterday's answer

Sudoku

	2	6	1					4
				7	8		3	9
	7	3						
		1		4				2
	3						1	
7				5		3		
						8	7	
1	9		5	8				
6					3	9	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	1	9	8	5	4	2	3	7
5	2	3	7	1	9	4	6	8
4	8	7	2	3	6	9	5	1
2	6	5	3	9	1	7	8	4
1	3	8	4	2	7	6	9	5
7	9	4	5	6	8	3	1	2
9	7	2	6	8	5	1	4	3
3	5	1	9	4	2	8	7	6
8	4	6	1	7	3	5	2	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Princess - Sweetie, how r you? Why r u mad at me? You know I love you n miss you crazy. Hopefully things are OK with you. How much I miss that lovely face, blue eyes n big smile of you, you have no clue! Take care pl...have lovely weekend. Sending you love, kiss, hugs n prayers. Sleep well, lots of rest pl. **FROM MISSING MY HEARTBEAT**

Alyssa B without saying anything. The way you hug me. The way your smile brightens the room. The way we have the most fun random times together. The way you say you miss me after not seeing me for only a couple of days. The way you let me hold your hand. The way you care so much about me. The way you dress. The way you sing in the car. Everything you do makes me fall for you. and I don't think you have a clue! **FROM ERIC M**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 12° Max 32°	Min 12° Max 32°	Min 15° Max 35°

Jenna Khan, Weather Specialist

BT BREAKFAST TELEVISION

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A parting of the ways looks increasingly likely and if you are smart you won't try to stop it.

♉ Taurus April 21-May 21 You can sense that your life is about to become a lot more fun – and you're right, it is.

♊ Gemini May 22-June 21 Most of the time your head rules your heart but today your feelings will be much more intense than usual.

♋ Cancer June 22-July 22 You will make more sense of your life when the Sun changes signs tomorrow.

♌ Leo July 23-Aug.23 Watch what you spend over the next 24 hours – you're going to need every last cent.

♍ Virgo Aug. 24- Sept. 22 The Sun moves into your birth sign tomorrow. Is that good news? Too right!

♎ Libra Sept. 23-Oct. 23 You seem rather unsure of yourself at the moment. Why is that?

♏ Scorpio Oct. 24-Nov. 22 Before you commit yourself to something new make sure you have a get-out clause, because what looks like a great deal today won't look so good tomorrow.

♐ Sagittarius Nov. 23-Dec. 21 If you are a Sagittarius with big ambitions you could hardly ask for a better cosmic set-up.

♑ Capricorn Dec. 22-Jan. 20 Your confidence is on the rise

♒ Aquarius Jan. 21-Feb. 18 Make the most of the week to come because the Sun's change of signs will bring new openings and opportunities.

♓ Pisces Feb. 19-March 20. You could probably do with a rest. So have one. **SALLY BROMPTON**

Caption contest

RAJANISH KAKADE/ THE ASSOCIATED PRESS

ITSUO INOUYE/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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